Roasted Pepper and Bean Hummus

Source: Recipe by Munira Ali

This can be used as spread or dip!

About the Recipe

298 Calories · 12 g Protein · 9 g Fiber
Snack

Ingredients

Makes 5 Servings

• red or green peppers, roasted (2)
• cooked and drained garbanzo beans (3 cups)
• sesame seeds (2 tbsp.)
• lemon juice (1/4 cup)
• soy sauce (1 tsp.)
• cumin powder, roasted (1 tsp.)
• garlic paste (1 tsp.)
• salt, or to taste (1/2 tsp.)
• grounded black pepper (1/2 tsp.)
• chili powder (1/4 tsp.)

Directions

1. Blend peppers, garbanzo beans, and all the other ingredients to make a paste.
2. Serve with bread, pita, or chapati, or use it as a spread to make sandwiches.

Nutrition Facts
Per serving (1/5 of recipe)

**Calories:** 298
**Fat:** 5 g  
  *Saturated Fat:* 2 g  
  *Calories from Fat:* 47%
**Cholesterol:** 0 mg
**Protein:** 12 g
**Carbohydrates:** 29 g
**Sugar:** 3 g
**Fiber:** 9 g
**Sodium:** 553 mg
**Calcium:** 70 mg
**Iron:** 3 mg
**Vitamin C:** 81 mg
**Beta Carotene:** 742 mcg
**Vitamin E:** 2 mg
**Potassium:** 315 mg